

# The Sourdough

S E N T I N E L

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[www.elmendorf.af.mil/Sentinel.htm](http://www.elmendorf.af.mil/Sentinel.htm)

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## *Giving thanks*

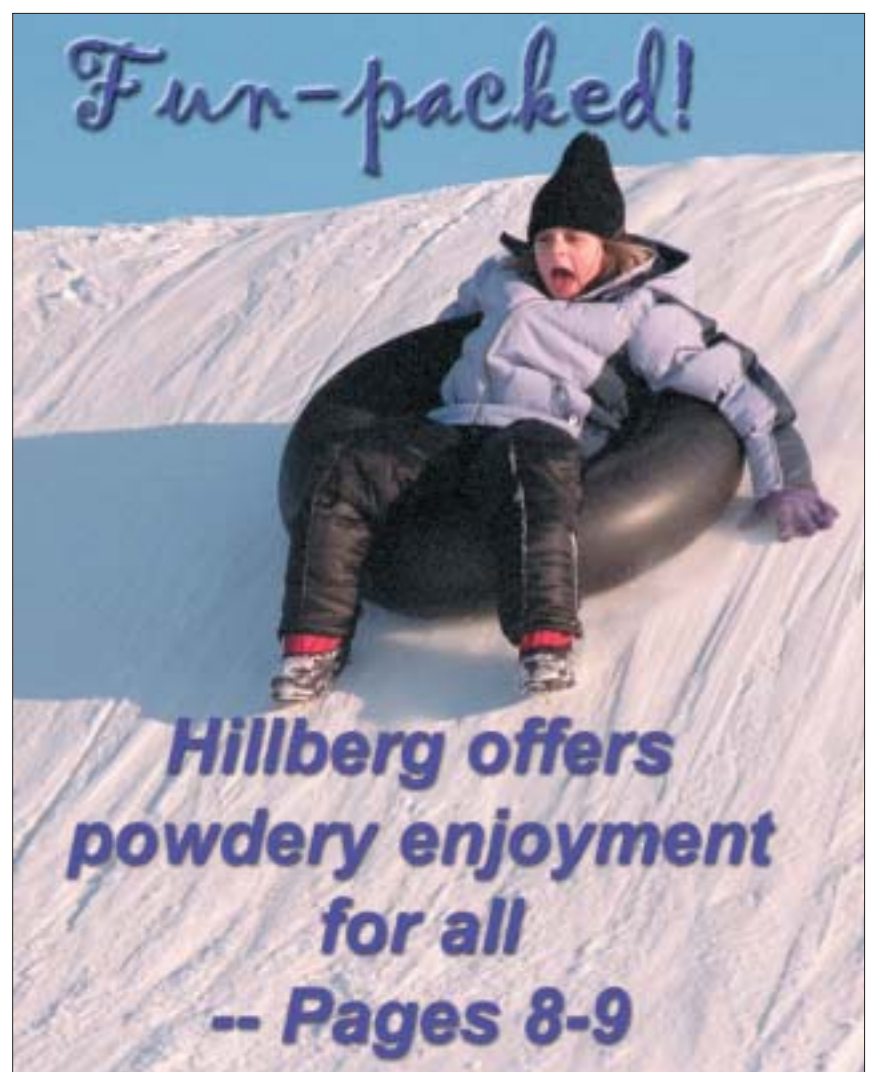
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Airman 1st Class Kendra Brooks and Airman Terry Williams prepare to bake a turkey in preparation for today's Thanksgiving buffet at the Iditarod Dining Facility. The Iditarod will serve dorm residents and their guests from 10:30 a.m. to 3 p.m. and all other Elmendorf people from 11 a.m. to 3 p.m.

# Elmendorf gives thanks

## SECDEF, CSAF share gratitude, holiday wishes

By Dr. James G. Roche, secretary of the Air Force, and Gen. John P. Jumper, Air Force chief of staff

*One of our nation's oldest and most treasured holidays is our tradition of gathering on the last Thursday of November to celebrate our "harvest," the fruits of our labor, teamwork, and sacrifices. It is a day of reflection designed as a wonderful opportunity to gather with family and friends to acknowledge our blessings and the good fortunes we enjoy.*

*This year we have special reason to reflect on family and loved ones. Americans have much to be thankful for, including the men and women of our Air Force. The eyes of America are on us as we carry out our duty to keep our nation free and secure.*

*To all the members and family members of the Air Force family — active, Guard, Reserve, civilian, and retired — we thank you for your enduring commitment and outstanding service. For those Air Force members stationed overseas or deployed in defense of freedom, we are especially thankful for your selfless service.*

*Your dedication and sacrifice have made America and all for which we stand possible, both now and for the future. May you all have a safe and happy Thanksgiving Day and, as you say your prayers of Thanksgiving, please also say a prayer for those who lost their lives on Sept. 11 and their families.*

## Holiday hours

The following facilities will be closed or have limited operating hours today in observance of Thanksgiving:

### 3rd Services Squadron

All Services facilities are closed today, except the following:  
Iditarod Dining Facility (Thanksgiving Buffet, E-5 to 0-10, \$8.95 for adults, \$3.85 for children 10 and under; E-4 and below, \$6.75 for adults and \$2.90 for children.)  
Dorm residents and guests 10:30 a.m. to 3 p.m.  
All others 11a.m. to 3 p.m.  
Susitna Club (Thanksgiving Buffet for \$15.95) 11 a.m. to 3 p.m.

### AAFES

Joint Military Mall closed  
(The mall will have extended hours Friday, staying open from 7 a.m. to 9 p.m.)  
Shoppette 9 a.m. to 6 p.m.  
Military Clothing Sales closed  
Burger King closed

## Gate closures

The 3rd Security Forces Squadron will operate the Boniface and Government Hill Gates as normal, with the hours of operation at the Post Road and Muldoon Gates being curtailed.

### Thanksgiving

Post Road closed  
Muldoon closed  
**Friday (Military Family Day)**  
Muldoon closed  
Post Road 5 a.m. to 6 p.m.



# Open Ranks

By Staff Sgt. Jim Fisher  
3rd Wing Public Affairs

With Veterans Day just past and the holidays fast approaching, including Thursday's gratitude check, I've been thinking about those in need this winter — especially about destitute veterans.

It seems these people who've answered the call in generations past often need more than honor or proper respect. They are often in need of the very basic necessities of life, we more immediate members of the military family, take for granted.

What really got me thinking about it was my olive drab field jacket. After the coat was phased out (circa 1992), I removed the name tapes and I've been wearing it occasionally ever since.

With this jacket, and a black winter cap, I recently went to run an errand which took me to a local homeless shelter.

A manager of the facility greeted me. "Checking in?" I replied affirmative, thinking he was logging my name for administrative purposes.

"Just for tonight or longer?" I then realized he thought I needed a place to stay. I said I was just visiting and got on with my errand, but the question made me think. I looked at myself — faded jeans, boots, field jacket and black touque — and realized I fit the profile of many of the shelter's residents.

Many of the homeless and downtrodden are clothed in olive drab or BDU. Maybe they're veterans, maybe they're beneficiaries of our hand-me-downs -- maybe both.

Clothed in the same jacket and hat several days later, I walked from downtown up through the Government Hill Gate (I locked my keys in my truck, and I'd rather not get into it). The temperature was about -2 degrees. The walk took about 45 minutes and got rather uncomfortable after a couple blocks. I didn't have anything to cover my face and shouldn't have been out. Many cars drove past, people often averting their eyes -- even on base. I got from the gate to Fire Station 2 before a good samaritan picked me up.

I think a lot of people passing thought I was just another bum. Another poor soul suffering from a mixture of sloth and mental illness or both. It got me thinking ... When we ponder acts of charity, we never know who's under that field jacket or parka, or what it's like to walk a mile in their shoes. I can tell you, it's cold.

# Arctic Life

Great living in the great land



COURTESY PHOTO

## Teddys for Teddy Watch

A member of the Family Support Center's Hearts Apart Coffee Break group adheres hand crafted decorations to windows in the Teddy Watch volunteer daycare room at the Elmendorf Hospital recently. Hearts Apart, which includes spouses of deployed and remote tour members, meets Tuesdays at 9:30 a.m. at the FSC. For more information, call 552-4943.

# Diabetic diet myths, realities

## Dispelling popular misconceptions about eating right

By Capt. Amy Carpenter  
3rd Medical Group Nutritional Medicine Flight

Popular misconceptions about nutrition and diabetes include the idea that a diabetic diet is a sugar-free diet, or that refined sugar is bad and natural sweeteners are good.

There is actually no such thing as a diabetic diet. The meal plan that a person with diabetes follows to help manage blood sugar levels is based on the same

nutrition principles that any person should follow.

The energy that we get from foods, measured in calories, comes from three types of nutrients: fats, proteins, and carbohydrates. Any food that provides calories will raise blood sugar. When foods are digested, they are broken down into the body's basic fuel — glucose, a type of sugar. The glucose is absorbed by the bloodstream, and is then known as blood glucose or blood sugar.

In a person without diabetes, insulin is released by the pancreas after a meal or snack to allow the glucose in the blood to get into the body's cells, where it is burned for energy. This brings the level of glucose in the blood back down to the normal range. If insulin is not

produced or is not working properly, the glucose builds up in the bloodstream, resulting in high blood sugar, or diabetes.

Although all foods that provide calories are converted into glucose by the body, certain nutrients have a more direct effect on the blood's glucose level. Fats in foods are eventually digested and converted into glucose, but this can take eight or more hours after a meal, and the release of glucose into the blood is very slow.

Protein (such as meats, poultry and milk) takes three to four hours to show up as blood glucose.

Carbohydrates, on the other hand,

Carbohydrate counting is the focal nutrition management tool for people with diabetes. Foods high in carbohydrates include starches such as rice, pasta, breads, and cereals; fruits and juices; vegetables; milk products; and anything made with added sugars, such as candies, cookies, cakes and pies.

The goal of a diabetes nutrition plan is not to avoid carbohydrates, but to provide a mixture of fats, carbohydrates and proteins at an appropriate calorie level.

This balanced eating will provide essential nutrients to the diabetic and create an even release of glucose into the bloodstream.

A diabetic's nutrition plan includes 10 to 20 percent of calories from protein, approximately 30 percent of calories from fats (with no more than 10 percent from saturated fats), and 50 to 60 percent from carbohydrates.

One diabetic diet definitely does not fit all, and managing blood glucose levels does not have to mean giving up favorite foods, sweets, or restaurants and fast foods.

Each person with diabetes has different needs, making ongoing assessment and counseling with a registered dietitian an essential element of successful diabetes management.

For more information or to speak to a registered dietitian, call the 3rd Medical Group Nutrition Clinic at 580-4310.

# November is ★AMERICAN★ DIABETES MONTH

take only about half an hour to an hour to be turned into blood glucose. Any food that is high in carbohydrates will raise blood glucose levels soon after a meal. Whether a food contains one ounce of sugar (natural or refined) or one ounce of starch, it will raise blood glucose the same amount, because the total amount of carbohydrate is the same. Although a glass of fruit juice and the same amount of sugary soda may seem like a "good" versus "bad" choice, each will raise blood glucose about the same amount.